



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005

District of Columbia

All statistics are based on parental reports.

National %	State %	
14.8	22.8	Percent of children who are overweight
21.9	36.8	Age 10-11
14.4	20.7	Age 12-14
10.7	14.1	Age 15-17
22.4	34.2	0-99% Federal poverty level
19.0	22.2	100-199% Federal poverty level
13.7	22.7	200-399% Federal poverty level
9.1	12.2	400% Federal poverty level or more
18.1	26.6	Male
11.5	18.9	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	62.1	
78.2	67.3	Age 10-11
74.2	60.5	Age 12-14
63.3	59.9	Age 15-17
76.8	71.4	Male
65.6	52.6	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	57.5	
61.5	57.5	Age 10-11
61.6	58.5	Age 12-14
53.4	56.1	Age 15-17
62.1	63.5	Male
55.0	51.4	Female
72.9	60.1	Percent of children with at least one parent who exercises regularly